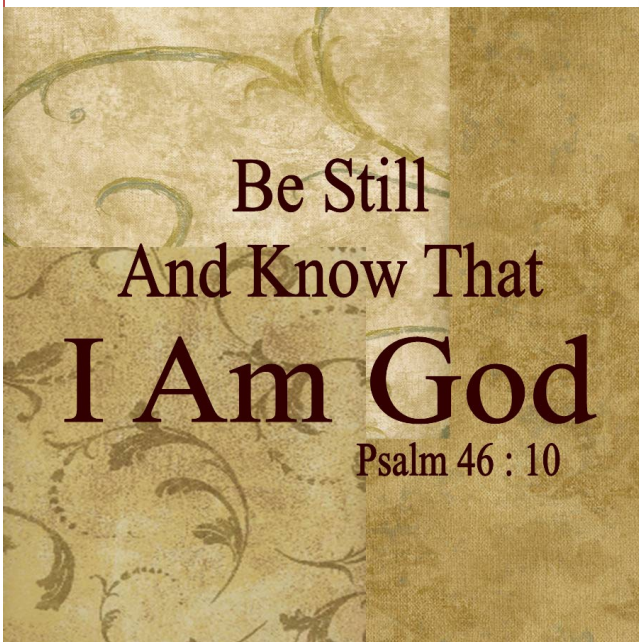




Fr. Paul Fchet OMI was a professor of theology at Newman Theological College in Edmonton for many years and is renowned for his comprehensive and inclusive approach

to Prayer, Scripture and to World Religions. He serves as chaplain at both Queen's House and Trinity Manor. Warm and engaging, Fr. Paul is a gifted and committed community builder and educator.



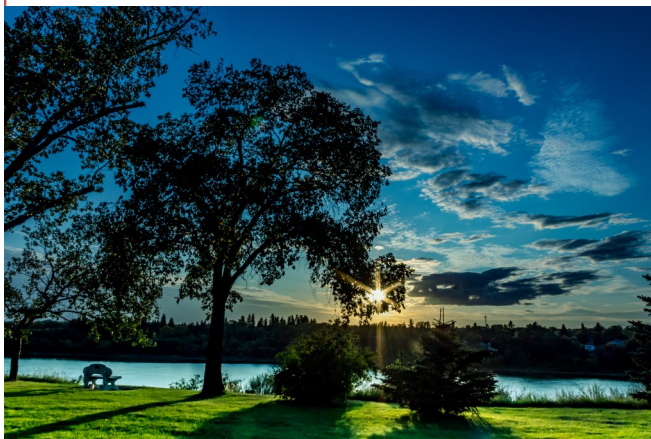
QUEEN'S HOUSE

RETREAT AND RENEWAL CENTRE

NOURISH YOUR MIND - NURTURE YOUR SPIRIT

A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Centering Prayer

Monday evenings,

7:00 - 8:15 p.m.

**IN-PERSON AND
ONLINE GATHERINGS**



Led by Fr. Paul Fchet, OMI



QUEEN'S HOUSE

RETREAT AND RENEWAL CENTRE

NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Centering Prayer

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with God.

Evenings will consist of praying together - in-person and online - followed by a teaching prepared by Fr. Paul Fachel, OMI. Presentations featuring masters in centering prayer and contemplative practice such as Thomas Merton, Cynthia Bourgeault, Thomas Keating and Richard Rohr will be shared with the group.

Newcomers welcome. Please register your attendance on our website <https://www.queenshouse.org/programs/> so that we know who will be joining us in person, and who needs to receive a Zoom invitation.

Come for one or many Monday evenings - you are always welcome!



Participants enter into Centering Prayer during a book study series in the Main Chapel - January 2020

**Monday Evenings,
7:00 - 8:15 p.m. CST**

This group meets most Monday evenings - please check the QH website to confirm and register your attendance.

There is no fee for these gatherings.
Donations to the retreat centre most welcome

Registration Details

There are two options available when registering for these evenings:

- Visit our website: <https://www.queenshouse.org/programs/>
Participants can register online
- OR
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Register your attendance in-person or online by the Sunday before each session on our website. Please be fully vaccinated and wear a mask if you come to Queen's House - physical distancing protocols will be in place to keep everyone safe.

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org